



Mixed Summer Foods The Cause Of Much Indigestion

SUMMER days are days of careless living, kitchens too hot for cooking, cold lunches at the homes of friends, open-air picnics, with the result that many a family is down with indigestion.

Give the stomach and bowels a new start by taking a dose of a good laxative like Dr. Caldwell's Syrup Pepsin. Then put variety into your diet by eating more warm food. It is more easily digested.

A bottle of Syrup Pepsin can be bought at any drug store for 50c and \$1, the latter the family size. It acts so gently and safely that it can be given even to a baby in constipation, indigestion, "summer colds" and similar ills. The formula on which Syrup Pepsin is based was written by Dr. Caldwell over 30 years ago. It is a combination of simple laxative herbs with pepsin that trains the stomach-muscles to do their work naturally so that medicines can again be dispensed with. Over 6 million bottles of Syrup Pepsin are sold by druggists every year. That is recommendation in itself.

If you have never used Syrup Pepsin, send your address for a free trial bottle to Dr. W. B. Caldwell, 480 Washington St., Monticello, Ill.

DR. CALDWELL'S Syrup Pepsin
The Perfect Laxative

ORANGE COUNTY FARM BUREAU

Notes for Week Ending Aug. 16.

The agent spent three days last week on the eastern side of the county, attending the regular meetings of the West Bradford and West Newbury Farmers' clubs. Both meetings were quite well attended, and a good discussion of various subjects took place at both meetings. On Friday several of the Orange county Jersey breeders attended the field meeting of the State Jersey Breeders' club at the Buena Vista farms in Windsor. The day turned out to be an ideal one for the event, and it was estimated that 400 people were present. The farmers royally entertained their visitors, serving them free basket lunches at noon. In the forenoon there was an inspection of the farm and stock, with a tractor demonstration as a side line. For the afternoon session, chairs were placed in one of the large barn floors, and the program of speakers was presented. Everyone agreed that the day was a big treat for them, and those that went a long distance felt that they were more than repaid for their efforts.

On Saturday the Chelsea Board of Trade held a basket picnic on the north common. The Chelsea West Hill Farmers' club was invited to unite with them. A short program had been arranged for the afternoon. There were several speakers, those from out of town being Col. Curtis Emery and son, Donald, from Newport, and County Agent H. F. Johnson from Orleans county. It is hoped this may be an annual event. The Wright's Mountain Farmers' club held a picnic on the same day. H. L. Bailey and A. L. Gilbert, specialists on potatoes, were present and spoke on the raising of certified seed.

This week the biggest event will be the annual meeting of the farm bureau on Tuesday. On Wednesday the farm bureau will be represented at Post Mills fair, with demonstrations by the home demonstration agent. The county agent will be present to assist with the agricultural exhibits. There will also be evening meetings at West Topsham and Union Village on Monday and Tuesday nights, respectively. Friday night the county and home demonstration agents will attend the regular meeting of the Washington grange.

The home demonstration agent will give a demonstration on making a fireless cooker at East Orange on Friday afternoon, Aug. 22. It is hoped that there will be a good attendance.

Recipe for the week:

Fruit Butters.

Use pulp which remains after straining off juice for jelly. Force the pulp through a colander to remove seeds and skins. Measure out about one-half as much sugar as there is pulp and add spices, such as cinnamon or allspice, if desired. Cook all together until thick, stirring constantly. Store as for jelly or canned fruit. Two fruits may be combined for butter: grape and apple, or apple and peach are good combinations, and there are many others equally good.

F. Mildred Dutton,
Home Demonstration Agent,
Harold A. Dwinell,
County Agricultural Agent.

EAST BETHEL

Mr. and Mrs. George Wakefield of Brookfield were recent visitors at M. D. Brown's, as also were Mr. and Mrs. W. W. Brown of Randolph. Mrs. Kate Merrill has resigned her position as housekeeper and clerk for J. H. Buck and returned to her former home at Franklin, N. H.

A record-breaking crowd attended the recent grange dance, which is to be repeated in two weeks. The Star orchestra of Randolph furnished excellent music.

Walter Green motored to Rutland Sunday, taking Mr. and Mrs. Frank Green, Mr. and Mrs. H. V. Allen and Miss Muriel Allen to visit Mr. Allen's two brothers and old home scenes.

Mrs. Gertrude Cain and daughter, Miss Sarah, are entertaining relatives and friends from Chelsea and vicinity.

POST TOASTIES
Make your breakfast brighter
—says Bobby
Superior Corn Flakes

GERMANS AND POLES IN BATTLE

Former Made Attack on Southeastern Silesian Frontier

POLES RETALIATED AND WERE VICTORS

Herbert Hoover Ordered American Officers to Try to End Hostilities

Warsaw, Monday, Aug. 18 (By the Associated Press).—Hostilities broke out early to-day between Poles and Germans on the southeastern Silesian frontier, the Germans suddenly attacking the Polish lines and occupying villages.

The Polish population rose and drove them out and occupied two villages on the German side of the line of demarcation.

Herbert Hoover, chairman of the allied relief organization, immediately ordered American officers in the area to co-operate in an effort to bring about a cessation of hostilities. Colonel Good-year was summoned from Vienna and Colonel Ryan, of the American contingent in Berlin, was ordered to co-operate with him and with Colonel Barber, who is here.

RUTLAND GETS ARMORY.

Having Made Most Advanced Steps to Warrant Change.

Rutland, Aug. 19.—The state armory commission, consisting of Gov. P. W. Clement and Co. H. T. Johnson, adjutant general, have allotted the 1919 state armory to Rutland. Devotion to this effect was arrived at late Saturday. Northfield and Newport were other applicants for the location, but the Rutland proposition was considered the most complete and satisfactory and was therefore accepted by the commission.

The commission will meet in Rutland later in the week, probably Friday, and look over the various locations that have been suggested for the structure and possibly make a decision at that time. It is anticipated that plans and specifications will be prepared at an early date and work be started on the armory during the fall. The building will undoubtedly be completed and ready for occupancy in 1920.

Rutland taxpayers have already voted a sum of \$15,000 for the site, and the Rutland Business Men's association has guaranteed that \$5,000, more or less, will be added to the \$35,000 appropriated by the state, if it is found that the bids for the building to be constructed will necessitate that supplementary expenditure.

WAITSFIELD

A splendid program, arranged by the Waitsfield M. E. choir, was rendered last Friday night in the M. E. church, to a crowded audience. The concert was a great success and it is hoped that such musical treats may be arranged regularly in the future.

Ward and Dwight Joslyn are in Philadelphia. Franklin G. Williams of Bridport, former principal of the high school, was a guest at Camp Rest Vue last Thursday and Friday.

Miss Margaret Marshall spent several days in Middlesex with her grandfather the past week.

Mr. and Mrs. George Wallis are visiting in Connecticut.

Dr. Foot of Burlington was in town Friday.

Mrs. George Stewart and infant son of Boston are guests at P. B. Joslyn's. Mrs. Stewart will be remembered as Miss Carrie Hubbard, one of our former teachers.

Miss Margaret Marshall has employment at the residence of Mrs. W. E. Jones.

Mr. and Mrs. D. H. Skinner have returned from Newport, N. H.

Orramel Joslyn, wife and daughter, Miss Emma Joslyn, spent Saturday in Montpelier.

P. B. Joslyn and wife were in Randolph Friday.

Miss Rachel Lavanway was in Montpelier Friday.

Lyle Kingsbury of Derry, N. H., is visiting in town.

WEST BROOKFIELD

Fred West of Bethel visited relatives in town Sunday.

Miss Anna Farnsworth of Boston was a Sunday guest of Mr. and Mrs. Van Clark.

Miss Belle and Marion McDougall went Monday to their former home in Essex Center, N. Y. Wilhelm Untied took them as far as Burlington in his car.

Mrs. George Wakefield and Mrs. Wilbur Kingsley went Tuesday to Burlington.

No Low Shoes.

"I bought a pair of shoes to-day." "High?" "Extortionately."—Boston Transcript.



Resinol
surely did knock out that eczema

Three days ago, my arm was simply covered with red, itching eruption and I thought I was up against it for fair. But Joe had a jar of Resinol in his kit. I used a little and the itching stopped right off. In the morning most of the redness was gone and a few more applications finished it up. Resinol is also a valuable healing dressing for chafes, cuts, and sore places generally. Sold by all druggists.

STRIKE ENDED IN TWO DAYS

Interborough Employees in New York Were Back at Work To-day

CAUSES OF STRIKE ARE BEING SOUGHT

Charge of Collusion to Raise Fares Is Being Investigated

New York, Aug. 19.—With the two days' strike of the 14,000 employees of the Interborough Rapid Transit company at an end and virtually normal traffic resumed on the subway and elevated lines in all parts of the city, attention was centered to-day on an investigation as to the cause of the strike.

District Attorneys Swann of New York county and Martin of the Bronx continued their investigations of charges made by Mayor Hylan that the strike had been brought about by collusion between officials of the transit company and leaders of the brotherhood for the alleged purpose of forcing an increase in fares from five to eight cents.

Mr. Swann, who asserted that he had uncovered evidence seeming to indicate such a conspiracy, subpoenaed more than 50 witnesses to testify before a grand jury. Members of the brotherhood who are said to have declared they were "paid for striking" were questioned by Mr. Martin.

SOUTH IS CALLING

THE NEGROES BACK

Plenty of Farm and Mill Work, Better Wages Than Ever Paid Before, and Improved Living Conditions Are Promised.

Memphis, Tenn., Aug. 19 (Correspondence of the Associated Press).—Plenty of farm and mill work, better wages than ever before paid and improved living conditions await southern negroes who have gone to the North and who now are said to be clamoring to return to the South, according to employers here.

Southern farmers and plantation owners want the southern negroes back. If there were some method of getting in touch with them, it is declared the expense of their return to Dixie would be willingly borne. This will hold especially true for the next few weeks, because there is need of negroes who know how to take care of the cotton crop.

But these employers say they do not want northern-born and reared negroes. They would prefer to bring in foreign labor, they assert.

"We would not hesitate to pay the expenses of a hundred or more negroes from Chicago or other northern cities to our place if we can get southern negroes, particularly negroes who have gone from Mississippi, Arkansas and Tennessee," said A. C. Lange, vice-president and general manager of the Chicago Mill & Lumber company, which owns more than 70,000 acres of timber and agricultural lands in Northeastern Arkansas. "I think it is safe to say that every southern negro in the north would be brought back without expense to him if southern farmers and plantation owners knew where and how to get in touch with the southern-born. We don't want and will not have northern negroes."

The question of how to get in touch with negroes who have gone North was discussed at the Memphis meeting of the Southern Alluvial Land association several days ago, and the subject will be a special order of business at the next meeting. The association is an organization of bankers, land owners, chambers of commerce, planters and lumbermen of the lower Mississippi valley, formed to serve, in a measure, the same purposes for the delta country as the chamber of commerce serves the town or city. At the last meeting it was said that there is great need of more labor in the lower Mississippi valley and especially for negro labor acquainted with southern agricultural methods and with cotton growing and handling.

SLOW REORGANIZATION.

In the German Foreign Office—New Officers Are Being Taken On.

Berlin, Aug. 19 (Correspondence of the Associated Press).—Correspondence of the foreign office will begin soon but it cannot be expected to move very swiftly since the newcomers must take time to become acquainted with their new work, said the Deutsche Allgemeine Zeitung.

Already one new minister, under secretary, a political director and a personal reporter have undertaken their new duties at the foreign office.

The system will be altered so that one individual will control all relations with one given country, whereas now political, commercial and new relations were handled separately.

There are about 50 diplomatic posts to be filled besides countless legation and consular positions.

The rank which diplomats abroad will take is still uncertain and it is considered probable that many countries will appoint charges d'affaires, an example which Germany must follow.

The Allgemeine says that the general commissary at Versailles, Director Simmons, after leaving the state service, will become business director of the imperial association of German industry.

HAVE YOU EVER EXPERIENCED THE DELIGHT OF **WOOD'S BOSTON COFFEE**?

WOOD'S GILT EDGE BOSTON COFFEE

IN THE WAX SEALED PACKAGE

BEERY DODGE CO. BOSTON

WRIGLEY'S

The Greatest Name In Goody-Land

WRIGLEY'S SPEARMINT
THE PERFECT GUM LASTS

WRIGLEY'S JUICY FRUIT
CHEWING GUM STICKS

WRIGLEY'S DOUBLEMINT
CHEWING GUM

Sealed Tight Kept Right

The Flavor Lasts

WELLS RIVER

Wells River Defeats the Sunset Hill House, 6 to 1.

In a game played at Sugar Hill last Saturday, the local boys won from the Sunset Hill house by a score of 6 to 1. McDonald allowed the hill team only three hits, one of which, a home run, was their only score. In the meantime the local boys gathered in 13 hits. The only way that one can account for the smallness of the score is by the fact that when Wells River began to hit his fast ball he changed to a slow delivery, which the local men were unable to lift. The game was one of the fastest played, only an hour and 15 minutes being required for the whole nine innings. The score:

	r	h	e
Wilbur, cf	0	1	2
Chase, 3b	0	1	2
George, rf	1	2	0
VanDyke, 1b	0	3	1
McDonald, p	1	1	1
Stinson, c	0	10	0
Vincent, 2b	1	2	0
Streeter, ss	2	1	0
Brown, lf	0	1	0

Sunset Hill House.

Lapman, ss	0	1	1
Robinson, c	0	1	0
T. Paddock, 2b	0	0	0
Crough, 1b	0	0	0
B. Paddock, 3b	0	0	1
Day, lf	0	0	0
Bedell, rf	0	0	0
Fox, cf	1	1	3
Campbell, p	0	0	0
Summary: Stolen bases—Wells River			
5. Sacrifice fly—Brown. Two-bag hits—			
Vincent, Chase. Three-base hits—Wil-			
bur, Streeter. Home run—Fox. Double			
plays—Sunset Hill House 2. Innings			
pitched—McDonald 9, Campbell 9. Hits			
off Campbell 12, off McDonald 3. Bases			
on balls—Off Campbell 2. Wild pitch—			
Campbell 2. Passed ball—Stinson.			

Wells River plays Newbury at Newbury Wednesday of this week at 4, and St. Johnsbury at St. Johnsbury next Saturday. Make your plans to attend both games.

Mrs. Marsh, mother of Karl Marsh, returned to her home in Ware, Mass., last Wednesday morning.

Mr. and Mrs. Karl Marsh left Friday for a week-end in Boston and vicinity.

Elwin Cameron of Newport visited his father, Sidney Cameron, last Tuesday.

Drs. Woodman and Perry, Learned Smith and H. T. Baldwin spent the day last Saturday playing golf at Hanover, N. H.

Vern Howard and wife were visitors in town last Saturday. On their way home to Canada they stopped off at Sugar Hill and saw the baseball game.

Woodville was defeated at Lyndonville last Saturday by the score of 5 to 4. Those who saw the game said it was one of the best played at Lyndonville this year.

Miss Annie Miller, who has been training at the Mary Fletcher hospital in Burlington, returned to her home last Friday for a few days' vacation.

The Lowly Corncob.

Until the chemists of the United States set themselves at work finding a new use for everything, the corncob was deemed about as useless a thing as could be named. True, a small quantity of corncocks were burned in the kitchen stoves of farmhouses and otherwise used as fuel, but the great bulk of corncocks was classed as waste. Three billion bushels of corncocks every year were thrown away.

Now it has been discovered that corncocks are extremely valuable and that they can be transformed into a number of products of commercial demand. To begin with, corncocks may be cooked in a closed tank with water at a temperature about 100 degrees above boiling point. At the end of an hour's time they are taken out in a thoroughly soft and saturated condition and pressed. They yield a fluid that is evaporated in an open kettle to a thick syrup. This syrup is an excellent adhesive gum, suitable for use in the paper box and similar industries, in the manufacture of fibre board, for bill posting and for gumming labels. Its employment in place of starch, dextrine and flour paste for such purposes would effect an enormous saving in food-stuffs.

The solid material left from the pressing is mainly cellulose. It may be ground coarsely, mixed with molasses and dried for stock feed.

Or, by simple chemical treatment it can be made to yield 75 per cent of its weight in pure glucose, available for many uses. If yeast be added and the glucose allowed to undergo fermentation it will produce alcohol.

Or, again, the cob-cellulose may be used in the manufacture of artificial silk and artificial leather.

Or, as another alternative, it may be employed as an absorbent of nitroglycerine in the manufacture of dynamite.—Salt Lake Tribune.

Easy of Conviction.

Shocked Aunt—I am amazed that you would let a man kiss you on such short acquaintance.

Putting Niece—Well, he thoroughly convinced me that it was my own fault that I hadn't met him sooner.—Boston Transcript.



to mother—for father's health—

MOTHER, you know men never bother to buy any things for themselves. Get it for Dad, and make him take it—if he is tired out, irritable, pale, and "needs rest" and can't take the time, give him

BOVININE

The Food Tonic and watch him become himself again.

UNLIKE anything else, BOVININE is both tonic and body builder. It is more a food than a medicine—it is not a medicine in the usual sense.

Physicians have prescribed it for years, with great satisfaction and remarkable results, where patients were unable to retain any strength-giving food in the stomach.

Try BOVININE to-day.

6-oz. bottle, 70c; 12-oz. bottle, \$1.15

Since 1877 BOVININE has been known and recommended by physicians everywhere. Your druggist has it.

THE BOVININE CO., 75 W. Houston St., New York



for two-year-olds

Much of the food these active youngsters eat does not digest well, so that instead of being plump, rosy and smiling, the babies are fretful and peevish.

BOVININE in milk three times a day will, in a few days, show marked improvement in your little one.